

**Headache,**  
whether arising from foul stomach, biliousness, or from any other cause, may be cured by the use of Ayer's Pills. "I have been a great sufferer from Sick Headache, and found complete relief in Ayer's Cathartic Pills."

I have not had the headache since I began to take them.—John P. Lyman, Portsmouth, N. H.

For Sale by all Druggists.

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smoker. Barney McAuliffe is a smoker, and Harry Edwards uses strong cigars incessantly. Salvaña smokes long black cigars

get in Italy. They light their weed in that

country on a small iron frame over a lamp. The end of the weed rests in the flame and he smokes it away down, the heat burning the tobacco and he inhales the smoke, drawing out the nicotine. This is the way the smokers in this way. John Mackay smokes cigars costing from thirty to fifty cents a pack and he smokes a great many. Boucicault is a great smoker. I've smudged a cigar of his that was fourteen years old. "An Englishman always likes a dry cigar," he says. "I like a cigar that has a little cheek. There's the Duke of Beaufort, for instance. He gets just the same number of cigars each year. He never begins till after dinner, smokes three or four, then smokes a couple, or a mild cigar, and then smokes four or five cigars, topping off with the strongest. Boucicault keeps an air tight closet, built expressly for his cigar."

"The Prince of Wales smokes cigars, beginning generally with a cigarette. The Duke of Manchester comes in the same category. Lord Alford smokes a great many cigars. Maudeville uses two or three packages of cigarettes a day. They say Gladstone smokes a pipe and may be seen lounging about in the House of Commons with a pipe in his mouth."

between his teeth. The Marquis of Hasting holds up his end of the Liberal Ministry by smoking good cigars. Henry Irving smokes cigars, and a good many. Condoack smokes a pipe.

"All fishermen smoke, generally pipes. Think a pipe's the nicest thing in the woods or in a canoe—a good, clean briarwood, with a long, mild mix of one-third its quantity of Perique. It's an indication of a good stomach to be able to smoke before breakfast. Sothorn used to smoke while he was dressing and riding across country to friends. Gentlemen often do this in England. I saw an indication of a good, vest-pocket pipe. Sothorn was very fond of hunting, and at one time kept eight hunters himself.

"Gentlemen all smoke as a rule. A man who smokes at sea generally keeps a quiet stomach.

"Theatrical managers smoke generally, I think, though I believe Lester Wallack does not. John Barrymore doesn't use tobacco at all. Raymond doesn't use snuff. Actors don't chew generally. It's a nasty practice. I don't think many of them smoke cigarettes, either—that is, not good actors, although John Sleeper Clark is among the smokers.

"What about other public men?"

"Tom Murphy, General Grant's friend, al-

ways has a cigar in his mouth generally unlighted. President Arthur smokes cigars, and so does the Vice President. I have heard every President since Pierce except Garfield. They all, I believe, smoked cigars. I made the acquaintance the night before his death, and he was smoking a cigar while playing in Buffalo. President Lincoln would often slip into the corner box when Mrs. Florence and I were playing in Washington, and he would smoke a cigar, and then go quietly out without people knowing he had been in the house.

"Tom Ochiltree smokes like a house afire, and smokes good cigars, too. I saw Tom smoke a couple of cigars on the Commodore Hatch and I were on his yacht, the Resolute, at Battery, waiting for Ochiltree and Major Jack Wharton to come aboard. Tom felt overboard as they were coming out in a small boat, and the Commodore had to turn. Wharton and I were nearly drowned. When they got aboard Wharton asked me if I didn't hear the water seize when Tom's head struck it. Poor Wharton! he was an A No. 1 fellow. I saw him smoke a couple of cigars, but Harry Watterson smokes his cigars so short they burn his moustaches. Sunset Cox smokes cigars. Sam Ward was a great smoker."

"You have noticed that I have not mentioned any of the politicians in this respect, so far as you have noticed."

"I think most newspaper men smoke pipes in their own offices. Silson Hutchins doesn't smoke at all, however. Ramsdell doesn't smoke. Neither does Howard nor Willy Winter smokes. I never saw Joe or Albert Pulitzer smoke. James Gordon Bennett smokes cigars and cigarettes both, and a great deal. Mr. Dana looks like a man who would smoke a cigar. He likes a good dinner, for I've sat at the table next to him. Mr. Harburt, formerly of the World, and Dana are typical bon vivants. They are a pleasant way on the Restigouche. Our salmou, Captain De la Roche, and John G Hecksher, Dr. Pratt, of New York, Mr. Bradford and myself, will start between the 5th and 12th of June, probably. After a couple of days I will give our Indians a hand full of my smoking pipe."

square of every plug every two days. They are of the Mic Mac tribe, descended, as was suggested by a visitor, from Irish and Scotch immigrants, possibly.

**The March Evening.**

The boughs are black, the wind is cold,  
And cold and black the fading sky;  
And cold and gloomy, foggy and loud,  
Across the hills the vapors lie.

Sad is my heart, and dim mine eye  
With thoughts of all the woe that were;  
And all that through the forward year,  
Prophetic, lit the chimney-tower.

But, in the cheerless silence, hark,  
Some throats'le's wisp'r loud and clear,  
Beside his mate I hear him sing:

And, suddenly at my feet I mark  
A Godol that lies there so dark—  
Joy, joy, 'tis here, the Spring, the Spring!  
—George Milner in Longman's Magazine.

**Seven Hours for Day Laborers and Eight for Men of Active Fringe**  
[Gentleman's Magazine.]

The latest authority on this vexed question, Dr. Melins, says that the proper amount of sleep for a man is seven hours a night. So far as regard city life the estimate is probably correct. Proverbial wisdom does not apply to modern conditions of social existence. Five (hours) for a man, seven for a woman and eight for a child, is a fairer verb; and a second, quoted by Mr. Hazlitt in his "English Proverbs," declares that nature requires five; custom allows seven; laziness takes nine, and wickedness eleven." These conclusions, however, drawn from observation of country life.

Physical fatigue is more easily overcome than intellectual. Which of us when traveling in the country or abroad, or in any way engaged in an extraordinary process of thought and anxiety, has not found that he could, without difficulty, do with a couple of hours less sleep than he was in the habit of doing? Men, however, who follow an intellectual course, and who are consequently fatigued by the processes of restoration occupy less than seven hours. More frequently they extend to eight or nine hours. Kant, I estimate took never less than seven hours of sleep, and was a very fine philosopher, and sailors on the other hand, like laborers, do with much less quantity. I am afraid to say how few the Duke of Wellington regarded as sufficient for his army, and for whom at one time I studied the hard-boiling man at the acquisition of languages. proclaimed loudly that he never took more than five hours sleep. The hour at which he rose in the morning was not so late as this assertion. Only in after life did I discover that two hours' post prandial siesta was not included in that allowance.